

# ULTRA FIT CHALLENGE

This is an **intense, innovative,**  
**3 week** program designed to bring you  
**DRAMATIC RESULTS** at an  
**accelerated pace!**

Our approach trains you in 3 powerful areas:

- Physically- improve strength, endurance, flexibility and coordination
  - Nutritionally – expand knowledge of nutrition and healthy eating
  - Behaviorally – enhance self confidence and self awareness

Join Coaches Lori and Michelle  
Tuesdays from 6:30-8:00pm & Saturdays 7:30-8:30am  
October 13<sup>th</sup> – October 31<sup>st</sup>  
and create the BEST body  
you've EVER had in your LIFE!

Investment:  
\$245 – Member  
\$295 – Non-member